



snowyhydro  
SouthCare

# SKIDS UP

SUMMER 2009

The Snowy Hydro SouthCare Helicopter Fund Newsletter



*Snowy Hydro SouthCare joined up with some of Canberra's finest men in uniform to support White Ribbon Day, an international event for the elimination of violence against women.*

TWO LIVES  
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## HELP US TO CONTINUE SAVING LIVES

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# TWO LIVES SAVED

A story from Fiona Clausen about the rescue of her daughter, Jade.



Fiona and Jade Clausen on holiday in Hawaii.

*I guess I am not one to dwell on the past. However, I will never be able to repay my debt to Snowy Hydro SouthCare. Thank God for this service. I don't know what I would have done if you were not there. The loss of a partner is hard enough, but the loss of a child I fear would be unbearable, so you see Snowy Hydro SouthCare saved two lives that day.*

It was September 2002 at 2:37 am. I bolted upright in bed with panic. Jade was out celebrating her 16th birthday with another friend whom had just turned 18. We had lost her father to cancer two years prior, so it was just the two of us. I picked up my mobile phone to check the time. No messages. Parents had been involved and Jade had organised to stay the night, so there really was no need to worry.

I convinced myself to lie back down and try and to get some sleep.

I woke again at 4:30 am to voices and a knock at the front door. I opened the door to any parent's worst nightmare. Two policemen were standing in front of me and told me that I should contact Milton Hospital. They had no further details. I grabbed my car keys and a jumper. To my horror, not even two minutes from home, I saw flashing lights and an upside-down car. Jade had been a passenger in that car.

From the hospital I was sent down to our local football field, where the helicopter had landed to pick up Jade. I saw the Snowy Hydro SouthCare helicopter with rotor blades turning and I took off running.

As I approached, I saw Jade sleeping so peacefully. As it turns out, she was actually unconscious and in an induced coma. The doctor spoke to me very softly and kindly, but all I actually heard was, "Canberra Hospital. Woden. Head injuries." I could not even bring myself to kiss Jade, I just wanted the helicopter to get on its way.

It was now 5:30 am and I pulled up in my parent's driveway. My dad answered and said, "Do you know what time it is?" I said, "I need you and Mum to get dressed now. We need to go to Canberra. Jade has been airlifted." When we arrived, the doctors said that Jade had been taken into theatre with bleeding on her brain and that they needed to operate immediately. I was told to brace myself because the next 72 hours were crucial and with severe head injuries like this, it was touch and go. We waited and waited for what felt like eternity but finally Jade was settled in the Intensive Care Unit. I spent the next three days at her side, without sleep.

It's funny when we want something to happen. I am sure I hooked into Jade's monitor and was willing her to live. Thankfully she did - and after six weeks of the best care any hospital could provide, Jade and I returned home to Ulladulla.

This accident has affected every aspect of our lives. After I quit work, Jade and I worked together to get her back to being a whole person again. It has taken a few years but Jade has recovered, overcoming many challenges; she will continue to do so for many years to come. But that's it - it is just a challenge—nothing more, nothing less—and she is a remarkable human being.



# SNOWY HYDRO LIMITED

An update from our major and naming-rights sponsor



The Pedal-power bikes exhibit.



The Snowy Mountains Scheme Information Centre.

## SNOWY HYDRO LIMITED SUPPORTING EDUCATION IN THE REGION

Over the past decade, Snowy Hydro Limited has continually provided opportunities and resources to students across the country to improve learning and understanding about the Snowy Mountains Scheme and Snowy Hydro Limited. The response from teachers has been excellent and each year more students visit the Scheme.

The Scheme offers learning across a wide range of subjects, from primary school through to tertiary degrees. A unique learning experience, Snowy Hydro Limited's education program is based at the Snowy Mountains Scheme

Information and Education Centre, situated in Cooma, just over an hour from Canberra. The Centre houses interactive displays and models on topics such as the Scheme's power stations and dams, water resources and energy markets. It also includes displays about the environment, engineering and the construction years.

Exhibits ranging from pedal-power bikes to an interactive energy market display and hands-on models, create a dynamic learning experience for students of all ages. For a special experience, students can even go on an excursion to the Murray 1 Power Station.

As a case study, the Snowy Scheme sits comfortably within the geography, science, history and HSIE Cultural Diversity syllabi.

To add value to Centre visits, education kits have been developed to complement classroom programs and add entertainment and interest while still retaining traditional educational components.

The Snowy Hydro Limited Information and Education Centre in Cooma has experienced education officers who can talk to students on the topics being studied and use DVDs and state-of-the-art displays to add enjoyment and interest to the visit.

For more information on Snowy Hydro's education program, call 1800 623 776 or visit [www.snowyhydro.com.au](http://www.snowyhydro.com.au).

# PARTNERS HONoured

The Chief of Defence honoured Snowy Hydro SouthCare's major partners

## A NOTE FROM OUR CHAIRMAN

Welcome to 2009. I would like to take this opportunity to thank all those who have supported Snowy Hydro SouthCare so generously throughout 2008, including all our major sponsors, individual donors, service clubs, councils, businesses, associations and those giving through payroll deduction. I would like to especially acknowledge our naming-rights sponsor, Snowy Hydro Limited for their significant contributions to the Service's completion of 3,319 missions.

We are grateful for the financial support from many to our local aero-medical rescue service, one that continues saving lives, 24 hours a day, every day of the year. I also thank our volunteers, crew members, hospital staff, police and emergency services workers who are all integral to the life-saving operations of Snowy Hydro SouthCare.

David Marshall  
Chairman



Photograph by Miquel Gallagher

Corporate partner representatives (from left): David Epstein, Dominic Teakle, Nik West, Craig Betts, Ken Lister, Melita Flynn, Scott Innes, Kat Tipler, James Willson, Suzi Gare, Eoghan O'Byrne, Ged Stenhouse and Anna Storti.

Air Chief Marshal Angus Houston, the Chief of the Defence Force and Snowy Hydro SouthCare's Special Ambassador, honoured the Service's corporate partners at Duntroon House on November 24. Business and community leaders from throughout Canberra were in attendance to see the awards presented to the Service's major partners and hear former patient Commodore Roger Boyce speak.

Commodore Roger Boyce began by saying, "I've always wanted to win the lotto, but I don't think I will because I've already used up all my luck." Roger is referring to the 9th of March 2008, when he came off his motorcycle and suffered 12 broken ribs, a collapsed lung, a broken collarbone and head injuries.

If it weren't for the passing motorists that helped provide care and the Snowy Hydro SouthCare crew that gave him a swift passage to hospital, he may not be here today.

After Roger spoke, Air Chief Marshal Angus Houston presented awards to the Service's major partners, including, Snowy Hydro Limited, Canberra Milk and Dairy Farmers, Capital Chemist, Canberra Yellow, SERVICE ONE Members Banking, CRE8IVE, Alacrity Technologies, David Epstein, RSM Bird Cameron, Mix 106.3 and Kaz Group, the event sponsor. Upon handing out the awards, the Chief of Defense remarked about the Service saying, "Over the ten years of its existence, they've done about one mission every day. It is such a valuable service and is very important."

"I'VE ALWAYS WANTED TO WIN THE LOTTO, BUT I DON'T THINK I WILL BECAUSE I'VE ALREADY USED UP ALL MY LUCK." FORMER PATIENT ROGER BOYCE



# IN & AROUND TOWN

Photos from the Service's Partnership Launch and Volunteer thank-you BBQ



Clockwise from top left: Peter Nelms and Russ Whitty; Ken Lister and Angus Houston; Gary Humphries; Jackie Hobbins and Lyn Mills; Joan Rankin and Marge Grimley; Mike Hobbins and Kirstie Walkden; Wayne Evans, Mike Castle, Andrew Kuzek and Gordon McAlpine; John Tonkin, Alison Tonkin and Mal Grimley; David Marshall, Eoghan O'Byrne, Angus Houston, James Willson, Mike Castle and Wayne Evans; Liz and Angus Houston. Centre: Roger Boyce.



Photos by Miguel Gallagher and Jackie Hobbins

HELP US TO CONTINUE SAVING LIVES



# SNAKE-BITE RESCUE



Michael Lane was rescued by Snowy Hydro SouthCare near Tidbinbilla Road during a bushwalk on 12 November 2008..

As an experienced outdoor recreation teacher with a steady diet of bushwalking three to four times a week, most would think that Michael Lane was prepared for anything he would encounter in the bush. However, when he set off on the Australian Alps Walking Track on November 12, even Michael was unnerved by what happened.

After a late night out, he thought the fresh air would be good for him, so he set off with a plan to walk to Castle Hill, Booroomba Hill and Booroomba Rocks. An avid bushwalker, Michael says he enjoys “the closeness to nature and stepping outside of your normal routine in life. There is a different bond that people have when they are sitting around a campfire or on a bushwalk. Conversations are different. Insecurities

are there as well. A tent made out of plastic is different than bricks and mortar.”

After walking for a while, Michael decided to sit down and take a break. He pulled his pack off and leaned back against a rock wall to snack on a Mars Bar. That’s when he felt it. As Michael puts it, “You know when you bump into something and feel that sort of pressure? That’s all it was at first. Then I saw a brown snake slither away. I took off my gators and there were two bloody puncture marks. I had a bit of a panic. I think you are full of it if you say you’re too experienced to panic.”

When Michael realised he had been bitten by a snake, he immediately phoned “000” and tied his thermal pants around his leg as a tourniquet. The ACT Ambulance Officer took down his coordinates and told him

he would need to hang up to conserve his phone battery. She promised to call back in five minutes. Michael says, “She told me not to move, but the black ants were crawling up my leg towards the blood.” Michael was getting disoriented and nauseated. The Ambulance Officer had told him a road ambulance would be coming, but he could hear a helicopter and began to get confused.

As it turns out, Michael wasn’t going crazy. The ambulance and helicopter arrived at nearly the same time. ACT Ambulance Service had dispatched both a road crew and the Snowy Hydro SouthCare helicopter in order to reach Michael as soon as possible. When they arrived, Michael says, “they took my primitive little thermal pants off and put a real tourniquet on. It was so tight. The pain was immense so they gave me some morphine.... We have to acknowledge the work paramedics do. There is not enough recognition for helicopter crews either. They do a magnificent job and it often goes unreported.” After being transported to The Canberra Hospital by Snowy Hydro SouthCare, Michael spent the night there to make sure he wasn’t experiencing any of the spontaneous bleeding often caused by snake bites.

Michael’s experience has not dampened his passion for bushwalking. He says, “I’ll keep bushwalking – keep challenging myself and keep experiencing the unknown. At the same time you want to experience the uncertainty of nature, it wants to test you as well. You can’t give it up... you just need to keep aware of your surroundings. In the future, I’ll be a little more aware about where I’m going to stick my bum for morning tea.”

“THEN I SAW THE BROWN SNAKE SLITHER AWAY... I THINK YOU ARE FULL OF IT IF YOU SAY YOU’RE TOO EXPERIENCED TO PANIC.” - MICHAEL LANE



# THANK YOU!

Sponsors, donors and volunteers make this rescue service possible

A message from...

**SERVICE ONE**  
Members Banking



With the New Year, lower interest rates and lower petrol prices, it's an opportune time for many of us to review our financial well-being. Below are some tips to consider:

1. Start an emergency fund – build a fund that is equivalent to at least three months of your income. This sort of fund will put you in a good position to deal with the unexpected.
2. Proactively look to reduce your debt – make extra repayments and consider consolidating your debt if it is beneficial.
3. Make sure you have the right insurance and the right level of coverage, including home and contents, car, life, health etc.
4. Update your budget plan – with the reduction in interest rates, it's time for a lot of us to update our budget plans. If you don't already have a budget plan, draw one up.

For more information to increase your financial awareness phone 1300-361-761 for your free copy of our Budget Guide or visit [www.somb.com.au](http://www.somb.com.au).

Service One Credit Union Limited, operating as SERVICE ONE Members Banking ABN 42 095 848 598 | AFSL 240836

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renewable energy



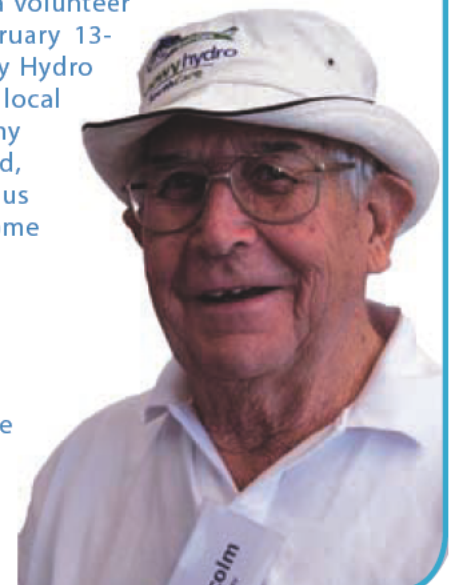
## VOLUNTEERS NEEDED!

You can help save lives by becoming a volunteer for Snowy Hydro SouthCare. From February 13-22, volunteers will be needed for Snowy Hydro SouthCare week, a week celebrating our local aero-medical service. There are many opportunities for you to get involved, meet some great people and help us to continue saving lives. Here are some upcoming opportunities:

Base Open Day  
Canberra Donation Tin Drive  
Info and Merchandise Stalls

For more information about joining in the fun call Alison Tonkin at (02) 6207-8429 or visit our website to fill out an application.

[www.snowyhydrosouthcare.com.au](http://www.snowyhydrosouthcare.com.au)



HELP US TO CONTINUE SAVING LIVES



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# BASE OPEN DAY

Mark your calendars - the 2009 Base Open Day is coming up on February 22



Base Open Day will be held on Sunday, February 22, from 10:00 am to 3:00 pm at the Snowy Hydro SouthCare Helicopter Base in Symonston. This popular event welcomes thousands of visitors to the rescue helicopter base to get a behind the scenes look at Snowy Hydro SouthCare. Visitors can climb through the rescue helicopter, meet the crew and enjoy live entertainment and refreshments.

This free event will include a morning visit from Constable Kenny and a display of emergency vehicles from ACT Emergency Services and ACT Policing. There will also be gold-coin Harley Davidson rides, face-painting, a patting paddock and an impressive display of classic Holdens.

Inside the hangar you can learn more about the Snowy Hydro SouthCare Service, see model helicopters, buy a ticket for the Base Open Day raffle, enjoy colouring-in with the littlies and purchase an item from the extensive range of SHSC merchandise.

Mark your calendars for February 22 so you don't miss out on the fun! Bring the family along to enjoy live entertainment while relaxing with a sausage and cold drink. A fantastic day out and a great way to help keep the Snowy Hydro SouthCare helicopter in the air and saving lives.

Base Open Day  
is proudly  
sponsored by



## MAKE A DIFFERENCE TO YOUR COMMUNITY

There are many ways to get involved with Snowy Hydro SouthCare. From volunteering to making a donation or becoming a corporate sponsor, there is something for everyone. Getting involved is as easy as filling in your details on the right and returning the form to: Snowy Hydro SouthCare, P.O. Box 311, Curtin ACT 2605. Alternatively, contact our staff directly at (02) 6207 8375 for more information.

*\*\*All donations of \$2.00 or more are tax-deductible and can be made by cheque, money order, Visa, Mastercard, Amex or Diners cards.*

ABN: 68-084-155-895

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Mobile: \_\_\_\_\_

Email: \_\_\_\_\_

- I would like to **DONATE** to Snowy Hydro SouthCare (enter details below).
- I want to know more about becoming a **VOLUNTEER**.
- Add my mobile phone number to your **MISSION ALERT SERVICE**.
- I am interested in finding out more about **CORPORATE SPONSORSHIP**.
- Please email me the Snowy Hydro SouthCare **E-NEWSLETTER**, Rotor Wrap.

Donation Method (see options left): \_\_\_\_\_

Amount: \_\_\_\_\_

Credit Card #: \_\_\_\_\_ Exp.: \_\_\_\_\_

Name on Card: \_\_\_\_\_ Security Code: \_\_\_\_\_

Signature: \_\_\_\_\_

**MAKE A DONATION TODAY  
AND HELP SAVE LIVES!**

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